

**ABSTRACT**

5           A food product, suitable for a controlled carbohydrate diet comprises  
identifiable pieces of cereal-like core held together with a binding agent, with the product  
being 30% or less in digestible carbohydrate. The product may be consumed as part of a  
weight loss or maintenance program, or as nutritional support in any case where excessive  
blood sugar is to be avoided, such as in subjects suffering from excess weight or obesity,  
10   hyperglycemia, insulin resistance and types I and II diabetes.